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Information about ActivePlus

ActivePlus is a supplementary benefit for customers who have taken out both a hospital costs insurance plan and Comfort supplementary health insurance.

This supplementary benefit has now been discontinued but existing customers are still entitled to the agreed benefits.

How it works

If you have combined a hospital costs insurance plan with Comfort supplementary health insurance, you can create your own personal health and well-being programme on the basis of three categories: 'Fitness and endurance', 'Exercise, diet and well-being' and 'Sport and sports clubs'. ActivePlus subsidises the costs with a contribution of up to CHF 400 per calendar year.

If you have Comfort supplementary health insurance, you will additionally receive a health bonus of CHF 200 towards fitness and endurance activities if you did not claim any medical benefits during the previous year.

200 francs towards fitness and endurance

Subscriptions and memberships with a minimum 3-month term or from 10 individual admissions for a fitness centre or group fitness, aqua fitness, pilates, power yoga or walking courses.

Personal trainer with a minimum 3-month contract or from 8 training sessions.

A minimum age of 16 applies.

150 francs towards exercise, diet and well-being

Subscriptions and memberships with a minimum 3-month term or from 8 sessions

- Yoga and pregnancy yoga
- Strength and conditioning training
- Postnatal pilates
- Disease management programmes
- Aerial hoop
- Climbing courses
- Windsurfing courses
- Back therapy
- Antara yoga
- Entry fees for amateur running and cycling races
- Parcour
- Dance, theatre and acting classes
- Private music lessons (Matchspace Music)
- Emergency and first aid courses
- Mental first aid courses
- Chi ball
- Smoking cessation treatments and courses
- Personality training



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- Fall prevention courses
- Hypnotherapy
- Stress management courses (e.g. MBSR)
- Self-defence courses
- Nutrition courses
- Nutrition coaching
- Wellness & spa services from a 2-night stay (kuren.ch)
- Floatation therapy
- Thermal, steam and brine baths plus saunas
- Systemic solution-focused life coaching
- Breathwork coaching
- Meditation courses

A minimum age of 16 applies.

50 francs towards sport and sports clubs

Active membership of a sports club in order to partake in a sport recognised by Swiss Olympic

- Purchase of running and trekking shoes as well as road and mountain bikes
- Seasonal passes for ski resorts and swimming pools (indoor and outdoor)
- Baby massage
- Swimming lessons (including baby swimming and parent and child swimming)
- Riding sessions, lessons and courses
- Leisure activities for children under 15 (gymnastics, choir, dancing, music lessons, Scouting and Guiding, Swiss youth organisations (Blauring and Jungschar))
- Parent and child gymnastics
- Riding

200 francs health bonus

Existing customers who did not claim any benefits under Comfort health insurance in the previous year receive a CHF 200 health bonus towards:

- Subscriptions and memberships with a minimum 3-month term or from 10 individual admissions for a fitness centre or group fitness, aqua fitness, pilates, power yoga or walking courses
- Personal trainer with a minimum 6-month contract or from 8 training sessions

Frequently asked questions

How do I receive the contributions?

KPT no longer offers Comfort health insurance or ActivePlus. The following information applies to customers who have already combined the supplementary insurance products hospital costs insurance and Comfort health insurance.

Send us the invoices for your activities by post or via the KPTnet customer portal or KPTnet app. All invoices must include your first and last name, your insurance number, an activity description, the course start date and duration, the activity location, the costs and the stamp and signature of the billing party.



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The receipt covers several members of my family. What do I need to consider when submitting it?

If you send us the receipt by post, we recommend writing the names of each of your family members on it together with the applicable policy number. You can also do this prior to photographing the receipt and submitting it in the KPT app.

My course or subscription spans two calendar years. Will I receive the annual contribution from ActivePlus twice?

No. ActivePlus is based on the date on which a course series, subscription or stay began. The start date determines the calendar year for which the benefits are paid.

Is there a list of recognised fitness centres or course providers?

We decided not to produce a restrictive list of providers. Essentially, all facilities are recognised providing the activity appears on our list of activities (see above). Online-only services are excluded.

My activity is not listed. Can I still obtain a contribution towards the costs under ActivePlus?

To clarify whether your activity is covered by ActivePlus, please contact your KPT customer advisor directly. Please note that treatments and methods listed on the Empirical Medicine Register (EMR) do not fall within the activities covered by ActivePlus, nor do training and development costs.

Who can receive benefits under ActivePlus?

All customers who have taken out both Comfort supplementary health insurance and a hospital costs insurance plan (excluding Flex Eco) with KPT can receive benefits under ActivePlus. Please note that new Comfort health insurance plans are no longer available.

Can children benefit from ActivePlus too?

Yes, although subject to restrictions: a minimum age of 16 applies for the receipt of benefits in the categories 'Fitness and endurance' and 'Exercise, diet and well-being'. Benefits for activities that fall under the 'Sport and sports clubs' category are also available to children.